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Student Movement - Issue 17

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PHOTO BY IMC



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News



Lisa Hayden
News Editor

African Student Association Presents 54 Shades of Africa



PHOTO BY MORIAH OGOLA

Gabrile Johnson | To display the diverse foods, fashion and traditional dances within the African continent, the African Student Association (ASA) hosted their annual cultural show on Saturday, March 10 at 8:00 p.m. in Chan Shun Hall.

Newton Joseph (graduate, divinity) exclaimed, “I was pleasantly surprised by the atmosphere and set up. It was actually quite lit!”

Guests were welcomed to the celebration by ASA President, Linda Mosheti (senior, behavioral sciences), and ASA Vice President, Pepisiwe Moyo (junior, medical laboratory sciences). Mosheti expanded on the goals they had when creating this event.

Mosheti said, “My team and I had one goal to share and showcase 54 shades of a continent which is often times misunderstood. We wanted to

showcase that not all Africans speak Swahili, not all Africans are fast runners and not all Africans eat the same things. In fact, we have countries within the continent that only speak Spanish, Portuguese, French etc. Our goal was complete with the help of all who share our vision and passion, but it doesn’t end here—it is our hope that ASA continues to grow, unite and bring about awareness to a continent I love and call my other home!”

After a word of prayer, the program began with a fashion show displaying various fashions from the region of West Africa. Two rows of students, clad in West African cultural garb, walked down the runway with bowed heads and, in a swift movement, raised their heads on cue to the intense background music.

Following was a performance

by the Sun Drummers, hailing from the Metro-Detroit area. They explained the history and importance of African drumming before performing a variety of pieces. They encouraged audience participation by clapping in synchronization to the beat.

Afterwards, three ASA members dressed in traditional African garment intrigued the audience with a Rwandan dance. Following the dance, guests received a taste of Nollywood. ASA officers performed a short skit, which portrayed a young girl searching for true love. Following the skit, Amaris Habimana (freshman, pre-nursing) led out the trivia game for the night, where guests had the opportunity to test their knowledge about the continent of Africa by answering a variety of multiple choice

questions.

The game was followed by two poems recitations: one in Zulu using a traditional West African drum as accompaniment. The other poem highlighted the strengths within the African culture. The cultural show ended with musical selection that consisted of singing and dancing from a variety of students, such as Precious Ndlovu (sophomore biochemistry) and Lukonde Mwinga (senior, general studies).

Ndlovu said, “It was spectacular seeing different African cultures being portrayed by Africans! Africa has so much more to offer than just its clothing, music and food and I hope in the future we see that.”

Later on, guests had the opportunity to participate in a variety of activities. Some

guests lined up to receive a sample of African dishes from Nigeria and Ethiopia. Other guests browsed Ankara clothing at the local pop-up shop. And many guests mingled amongst each other grooving to the Afrobeats blaring from the speakers.

According to those in attendance, the night offered a lot more than just entertainment.

Darius Bridges (sophomore, architect) said, “I just want to give it up to the African Club for giving Africans, African Americans, Afro-Latinx, and Caribbeans a space to celebrate and learn about their roots. I learned so many things about African dancing, people, clothing, food, music and culture.”

Weither(s) Thou Go, I Will Follow

Lisa Hayden | Deborah Weithers began working at Andrews University (AU) in July of 2004 as the Manager of the Howard Performing Arts Center (HPAC). After, she worked for the Office of Development for six months and then began work as an Associate Dean for Student Life in July 2012.

Among these official positions, Dean Weithers also

became the sponsor for the Andrews University Student Association and the Black Student Christian Forum and many other positions. Dean Weithers, called “Auntie Debbie” by many students, also became a listening ear and caring advisor during her years at Andrews University.

Dean Weithers’ time at Andrews University is ending this spring; she will be taking

up a position in outreach for the Miracle City Church in Baltimore, Maryland. In lieu of her departure, a program was held in the HPAC.

At 4 p.m. on March 8, friends, coworkers and alumni of AU who were impacted by Dean Weithers gathered in the lobby of the HPAC to pay tribute to her years at AU.

David Faehner, Vice President for University

Advancement, opened the event and was followed by various faculty members and students who reminisced on their relationship and history with Dean Weithers. Among them were current members of AUSA, who presented a top ten list of reasons why they love Dean Weithers.

After, Deliverance Mass Choir, under the direction of Carl Cunningham (Master

of Divinity, second year), performed a song titled “Total Praise”.

The event ended in prayer, nostalgia and excitement

Weithers will end her time here at AU as the Dean of Student life on Friday, March 23.

News

Groundbreaking News: Health & Wellness Center Begins



PHOTO BY IMC

Christina Mercado | The official groundbreaking for the new Health & Wellness Center on Andrews University's (AU) campus took place on March 5, at 5 p.m. in the Howard Performing Arts Center. The program and shovel brigade was followed by a short reception.

Vice-President of University Advancement David Faehner and President Andrea Luxton opened the program. Professor of architecture, Andrew von Maur presented the project, and Dominique Gummelt, director for University Health & Wellness, presented a summary of the university's current health and wellness initiative. Closing the program in the HPAC, Chair of the

Andrews University Board of Trustees Artur Stele dedicated the project with a prayer. The attendees, additional members of the Board of Trustees, President's Council, university administration and student body participated in the shovel brigade at the construction site.

A reception in the HPAC lobby ended the evening. Andrew Pheiffer, graduate of AU, said "I am excited for the community to use this facility. I wish there was more gym space. I was here on campus as a student, then teacher, then administrator for 17 years. I would love to be back and be part of this project. This is terrific and a wonderful first step."

The \$17.5 million building is

scheduled to open in the fall of 2019 and totals 76,000 square feet. It will include a recreation and event center with basketball courts, fitness and exercise areas, space for educational programs and a swimming pool. The new Health & Wellness Center was approved by the Oronoko Township Planning Commission and issued a permit for Indiana Michigan Power Company one month ago.

In September 2017, the demolition of Hazen's Concrete Wall sculpture located in the PMC traffic circle began construction. Trees were also removed and marked for use by the architecture program to be ground into woodchips and for nature trails. Some trees

were saved to create a buffer between PMC and the Wellness Center.

Nathan Adams (master of divinity, first year) said, "I'm very excited, it's about time. My ministry is health care chaplaincy so this is right up my alley. This is a calling and the right hand of the gospel. I only wish they had started sooner, but I'm glad to see this and wouldn't miss it for the world. It's beautiful."

A new parking lot is almost complete and already being used for services at PMC. Three-fourths of the storm sewer has been installed and rerouting of the water lines has been finished. Construction will resume this month and a web camera will be installed

for the community to watch the progress live.

Students Jackie Barrios (senior, Spanish studies), Abby Vaughn (sophomore, wellness) and Tatiana Vasquez (senior, wellness) said that they were super excited for this new project and can't wait for it to be completed.

Barrios also said, "It's about changing one life at a time, and if a facility can accomplish that, all of this hard work is worth it."

Vaughn commented, "It's really inspiring and I want to be like Dominique (Gummelt) one day." Vasquez said, "It's amazing to be a part of something this big."

Third Annual Wellness Fest Sets Off

Christina Mercado | The third Annual Wellness Fest took place from March 1-7. The week of awareness and activities was filled with events, singing and informative seminars on a variety of topics.

Wellness Week kicked off on "Thoughtful Thursday" with a wellness-themed chapel in PMC. Lunch walks and evening fitness workouts were scheduled for each day of the school week.

The first Lifestyle Medicine Symposium was held on "Fluid Friday" from 9:00 a.m. – 3:30 p.m. in Chan Shun Hall. Students were offered extra credit in some classes to attend. After an opening ceremony, experts presented talks on traumatic stress, nutritional and affordable foods, mental wellness, ways to stay active,

cooking demonstrations and diabetes awareness.

Deliverance Mass Choir blessed the community in Johnson Gym with a sing-along program for "Spectacular Sabbath" from 5:30 p.m. – 6:45 p.m. Following DMC, Zumba instructors led the audience in a fun, exhilarating workout until 10:00 p.m. Students and members of the community exercised to tunes like "Despacito" and from soundtracks like The Greatest Showman and artists like Bruno Mars.

Hannah Sabangan (freshman, pre-nursing) said mid-workout, "So far I feel so energized, happy to be here. I feel so alive and so glad we're not done yet!"

After the workout ended, Courtney Saunders (freshman,

graphic design) said, "It was so much fun being able to dance and work out together as a community. It's really encouraging!"

Jonathan Ringer (junior, pre-physical therapy) said, "I was really skeptical at first, but had loads of fun!"

For "Stress-free Sunday," a team effort fitness competition was held at the AU soccer field from 10:00 a.m. – 12:00 p.m. Seven teams gathered with five people per team for relay type events around the track and on the field.

Spectator Talisa Gonzalez (junior, psychology) said, "It's a little funny watching the teams work together since they have a lot of members. It's super cold out here so it's funny watching them battle the cold as they participate in the events

and they're doing really well."

Participant Ally Anunciado (freshmen, pre-physical therapy) said, "It was a little confusing and difficult at first but we're getting better at working as a team and communicating. It's definitely a team effort that takes encouragement and helped us win this most recent event."

For "Mindful Monday," an aquatic workout was held in the morning at Beaty Gym and a booth raising awareness for eating disorders was in the student center. An afternoon tai chi workout took place in the PMC commons. In the evening, a groundbreaking ceremony for the new Health & Wellness Center was held in the HPAC. Members of the community, faculty and student body participated in

the shovel brigade, followed by a reception. The Wellness Center is expected open in the fall of 2019.

A campus-wide student health behavioral risk assessment was held on Tuesday in a variety of classes. Lunch walks and evening workouts resumed their normal schedule. The week of wellness festivities came to a close on Wednesday with several workouts, including aquatics, tai chi, a lunch walk and a fitness express with Dominique Gummelt the director of fitness and exercise sciences in the evening.

Ideas



Frentzen
Pakpahan
Ideas Editor

Lessons from the West Virginian Teachers Strike

Andrew Kertawidjaja | The teachers of West Virginia want money now. The profession of teaching has been the butt of jokes among jobs in the state. It is seen as one of the most consuming, stressful and immobile economic jobs in the labor market. Any individual deciding to become a teacher must face such trade-offs in order to live their dream career. However, passion for a profession has its financial limitations. West Virginian teachers are second to last when comparing salaries of teachers from other states. To go on strike was a risky and strategic move on the teachers’ part. They recognized that the pay rate was driving educators away from their state, and demanded a strike. On Feb. 22, all public school teachers in West Virginia began to

strike in order to fight for their pay and the education of their children. The West Virginia teachers foreshadow the future of organized labor, especially in the public sector. They are resetting a precedent of continuity and for workers in a time where the power of unions has been eroded by anti-union legislation. Throughout history, unions have pushed for financial stability and better, or at the very least reasonable, work conditions. The country’s first major strike, the famous Great Southwest Railroad Strike of 1886, occurred when 200,000 workers decided to strike against hazardous conditions, oppressive hours and meager wages, culminated in a collective bargaining agreement with the robber baron Jay Gould. In the case

of West Virginia, the teachers did not enact their agenda through the platform of a union; they simply walked out and organized, setting a precedent between laborers and employers. On the other hand, students and public healthcare carry the price of this strike. Students taking Advanced Placement, Honors and International Baccalaureate classes or who are preparing for the SATs and ACTs are left without teachers and have the most to lose. They have to bear the burden of adjusting to this setback, and fall behind the national pace of the curriculum and left to suffer the repercussions of the two week hiatus. In addition, the West Virginia government is left with only one option: raise wages using a financial faucet they hope to never

tap—healthcare. Economists and political pundits predict that cuts to healthcare will compensate for the pay increase. This will probably happen since West Virginia’s Republican-led government is very unlikely to raise the tax burden, and tends to be more keen on withdrawing money instead of raising it. Currently, Oklahoman teachers are beginning to organize for a strike. Seeing the West Virginia strike as an opportune moment, they realize that they can make their voices heard, but at whose cost? Most students rejoice at the idea of a spontaneous two week break without realizing they are the center of an educational revolution. The teacher strike of West Virginia is not a matter of equal pay. It is a cry for reform in an

area of the public sector that heavily reflects the legislative policies of modern American utilitarianism, a philosophy that emphasizes a job’s value on how much monetary wealth it brings to society. It places a low economic worth on a worthwhile profession that is seen as virtually priceless. This is the paradox of American education. We deem its worth as intrinsically valuable as well as its externalities, yet we financially cut off the lifeblood of our society, our teachers. The state of American education is in a legislative coma; the West Virginian teacher strike is the first of many attempts to bring it back us life.

Coming to Terms With My Adolescence

Teddy Kim | When I became a junior in high school, I believed myself to have achieved a certain level of independence. I was an upperclassman, one who could perceive the ebb and flow of the world I was in, and hence begin to make my own decisions. My parents encouraged this, as they too wanted me to develop and mature, and they slowly helped me make the exciting transition into a young adult. I could drive, I could access more public facilities (i.e. the saunas at the gym), I could go out to Manhattan by myself and, most emboldening, I could be a leader amongst my peers and those younger than me. My friends became captains of their teams, or presidents of their clubs; I became the

concertmaster of my orchestra as well as its president. These were events around me that reinforced the idea that yes, I was growing out of my parents’ nest, and I was about to take on the world. And when I graduated, it was like someone gave me the keys to society itself, handing over my rights to more responsibilities. I was in control of my life now, and it was this control that told me that I was ready for adulthood. When I came to college, little had changed; I believed in my adult capabilities. And I still do now. But now I also have the self-awareness that while I may feel as if I have come of age, my lifestyle suggests otherwise. I procrastinate; I lie to myself and to those around me; I lash out when frustrated as a baby

would when its milk is taken away; I remain out of touch with my emotions, ignorant of my narcissistic tendencies and oblivious to my hedonistic way of living, all indications that I am still situated in childhood and adolescence. And I experience anger and bitterness as I slowly become aware of what the real adult world reduces me to, as I start to realize what I really am and what I’m not. And everyday I realize more of this, I ask myself what had happened. As young men and women we must deal with the transition from coddled dependence under our parents’ roofs to achieving true independence. It is the stage of development that we are in. Though we believed that by entering higher

education we escaped high school and its oh-so-seemingly-adolescent quandaries, we still find that people have an abundance of growing to do. In other words, by now we realize that just because we have become collegiate adults, we are still capable of being immature, dependent, insecure and anxious. On top of these emotional uncertainties, we are also unsure of our convictions and our creeds; or in essence, who we are and what we believe. How naïve of us indeed, to have found assurance in the “independence” that college gives us while ignoring our adolescent angst. How frustrated we are, believing we are now adults and can “act like it”, to encounter the cynicism and malice of life that whittle

us down to our childlike core. It remains a source of pain for me that I cannot immediately hit adulthood. I try and try again, but each time I come up short. What’s left for me to realize and accept is that it will be this way for some time or maybe even perpetually. But this I know: I am still navigating my way through an ocean of growth and development, searching earnestly for somewhere to land and dock.

Ideas

HER-Story

Kara Herrera | The month of March marks Women's History Month, and with the celebrations of our success and achievements come acknowledgements of our struggles from the past century and beyond. It has been a little under a century since the Nineteenth Amendment was ratified, allowing women to vote. However, the Equal Rights Amendment (ERA), which specifically states that rights cannot be denied due to sex, has yet to follow in the same footsteps. This dissonance between the rallying success of women banding together for a cause, to the still pervasive

struggle that is almost 80 years long, represents the celebration of this month very accurately. Many women are taking this month to focus on the improvements that need to happen.

As has been the case for as long as any of us can remember, women have dealt with prejudice and sometimes hostility in the professional world. For students, this is especially concerning since we are presently on the road to entering the professional world. This means struggling for equal pay, struggling to overturn biases when entering a male-dominated workforce, and

even perhaps struggling with harassment, as brought into the limelight by the #MeToo movement. This past year, the existence of sexual harassment was proven to occur not just in the neighbourhood of middle and lower-class women, but also in the elite environment of movie stars and directors. Many wonder if this will ever stop, and they have a point. Can we really stop every single person from being selfish? Can we make everyone think of respecting others before fulfilling their own needs? I would say not.

However, while many of the issues we deal with in our

normal everyday lives can be chalked up to human evil, I believe that lack of awareness lies at the heart of why we are still in this situation. All these negative attitudes, I believe, are spawned due to lack of communication and education, specifically in regard to how we treat each other. Despite this lack of equality and fair treatment, Women's History Month celebrates the fact that we have risen up, we have made progress, and have not only gotten stronger, but succeeded where everyone else said we would fail. This is the reason we celebrate Women's History Month. Yes, we desperately

need improvement, yes things are still wrong in so many ways, but we have come out even stronger, tougher and more ambitious than those who wanted to oppress us. So this month, remember that in addition to all the obstacles facing women right now, we do have cause for celebration.

Wars and Rumors of Wars

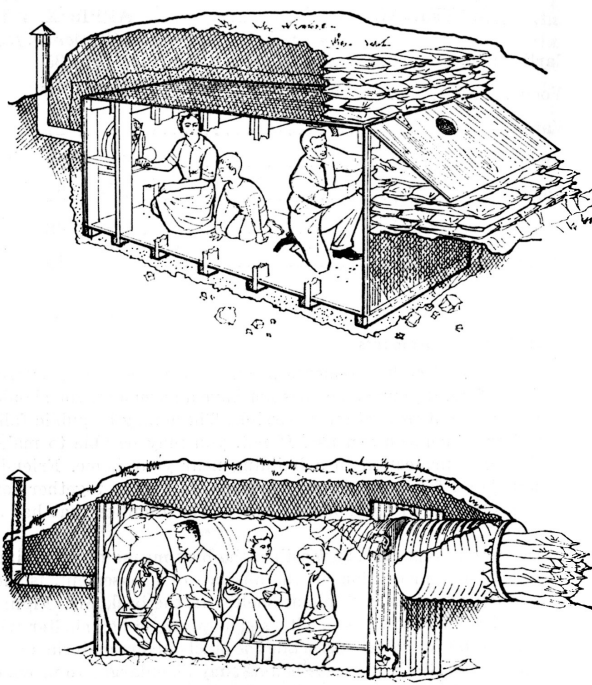


FIGURE 29.—Two low-cost backyard fallout shelters.

PHOTO BY PUBLIC DOMAIN

Sam Barrett | The Trump Administration has recently stated that it will raise tariffs on steel and aluminum imports into the United States. Both the private and military sectors rely heavily on foreign steel and aluminum and Trump has made his vision for a largely independent American economy clear.

However, some fear this

could start a trade war, which has people worried about the future of the economy. For those who do not know what a trade war is, essentially two or more countries raise tariffs in retaliation to other quotas and tariffs, with the process going back and forth before one concedes. The aim is to damage the other's trade first so as to make them give in to

our demands. Trade wars and the animosity they engender harm international trade and therefore economies.

As if the news about a potential trade war is not bad enough, Russia has claimed development of new weaponry able to circumvent American anti-missile defense systems undetected, such as "a cruise missile with a nuclear-propulsion engine—a weapon that would fly at a low altitude and follow an unpredictable flight path to avoid U.S. missile defense systems"1 reports The Washington Post's Adam Taylor. Whether Putin is telling the truth here or not is unknown. Even if he were bluffing, it is a worrying sign of bravado on the part of another, historically and recently aggressive, nation.

Furthermore, the peace and cooperation of the Pyeongchang Winter Olympics have proven to only be temporary. Even though North Korea has agreed that a dialogue with the United States is possible, Pyongyang has also stated that it "depends entirely on the attitude of the USA" whether "a situation that no one desires is developed in the vicious cycle of confrontation" or "whether peace desired by our nation and the rest of the world settles on the Korean peninsula," reports CNN's Kevin Bohn and Maegan Vazquez.2 Despite the clear shade cast on the Trump

Administration (however deserved it may be), Kim Jong Un's government does not appear to be interested in the peace process either.

Although no war has broken out as of now, it is safe to say that war between the United States and North Korea, including their allies, is a legitimate possibility. China has agreed to stay out unless the United States is the aggressor. A trade war in the future would also weaken the United States' economy. Conflict with Russia would mean that America could have a war against nuclear nations and North Korea, which continues to claim to be. Needless to say that involvement of nuclear weapons would mean intense and instant devastation with a plethora of consequences.

What adds to the whole dilemma is the divided state of our country. Just about every single subject is surrounded in angry debate. People have the right to agree or disagree, but the American people are split on everything from politics to gender to race. Dialogue is a good thing: we all can and should discuss our differences, but unfortunately name calling and hatred has replaced civil discourse. The situation is quickly degrading to the point that students on college campuses such as Yale have protested free speech (their target specifically being hate

speech) not realizing that free speech is the reason they are even able to have an opinion. If war breaks out I do not believe that it will unify the nation as in several previous wars. Our enemies are no longer only abroad, many people believe, but they also live on our streets and attend our schools. What has happened to being 'one nation' and 'indivisible'?

War has not started, but the American people must consider their future together, not individually, as contrary to our culture as it is. Though Jesus told us to not worry, he also told us to be aware of things that will come to pass. As we edge closer and closer to conflict, it is up to the American people to unite or succumb to our human weaknesses. We may either prevent war by getting involved in our country's approach to the current situation, as cliché as it sounds, by voting and taking away support from warmongers and those driving us to this precipice. Perhaps we could undo most of this by lowering the tariffs first. Or we can allow the country to continue where it is heading. Regardless of what you do, it's time to do something.



Carlyle
Tagalog
Pulse Editor

Volleyball Finals: Pancakes Topped With Victory



PHOTOS BY TAYLOR SCALZO

Daniel Self | The agony of a difficult season juxtaposed against the joys of triumph, and with a final whistle, it was finished. For the Andrews University intramural volleyball league, March Madness came early. Throughout the spring season, teams ricocheted up and down the standings while building team chemistry and learning from their mistakes. The volleyball squad affectionately known as “Pancakes” embodied

this struggle. After a regular season in which they only won two games of their eight games, this team of 8 comprised of several students and alumni seemed doomed to a brief playoff stint. However, amidst their disappointing record, the Pancakes maintained an optimism regarding their championship hopes. Freshman setter and high school volleyball star Mike Moroney (freshmen, pre-physical therapy) could

sense throughout the season the innate potential of his squad; and although it rarely manifested itself for an entire game, these flashes of brilliance maintained the morale as the round robin tournament drew to a close.

Entering the tournament with a record of 2-6, the Pancakes were no one’s favorites to seize the championship. Particularly, because their road to victory included a meeting against their rivals, the “Monstars.” During

their regular season bouts, these two teams battled back and forth, but in both instances, the Pancakes fell short. Moreover, the Pancakes also entered the playoffs with an injured captain, as Matthew Rajarathinam (sophomore, biology) was unable to play. However, despite these odds, the Pancakes bested the Monstars 2-1 and moved upwards to the Intramural A-League Volleyball finals. Backed by a roaring crowd, the Pancakes triumphantly defied expectations and marched towards the awaiting team, “Setsy Beast.”

Gliding above the net, Kyle Lucrida’s (senior, business management) spike in the third set of a grueling finals completed a season of upsetting the odds. Setsy Beast, a much higher seed within the bracket, stood defeated as the improbable occurred before their eyes. Beginning these grand finals, Setsy Beast appeared with an innate advantage over the Pancakes. Despite the momentum from their earlier victory in the quarterfinals, this final match paralleled the Pancake’s entire season. Losing their first set against Setsy Beast, their fortitude was once again tested. But over the next game, they resiliently fought back and regained equal footing, tying the series 1-1. Within the building, an air of expectation began to

arise as the third match opened. From the first serve, the game’s intensity rose higher than any of the previous matches. Trading points and possession, eventually the Pancakes capitalized on their opponent’s few successive mistakes and proceeded on a scoring run to gain the lead. Reaching their match point with twenty-four points, the Pancake’s championship chances hung immeasurably close. Serving the ball, both sides entered an intense rally of trading scoring chances. Both defenses peaked under this pressure and the set extended beyond the normal several hits. Sensing this, the already enthused crowd began to stand amidst this battle of two volleyball titans. Failing to capitalize defensively, Setsy Beast allowed an errant return to be launched nicely into the wheelhouse of Pancake’s ace power, Kyle Lucrida. Lucrida, almost suspended in slow motion, crushed the ball down to the court, along with their opponent’s title prospects. Donning their victory t-shirts, the Pancakes’ shared smiles portrayed the joy of completing the unexpected.

Springing Into Break



PHOTOS BY TAYLOR SCALZO

Michael-Anthony Lawrence | We are now in that period of the semester when it is too far away from January to call it a new semester but finals week is

still distant. We are on the edge of a mid-semester vacation and, even though it may not feel like spring, it is time to start making major spring break decisions.

These are the kinds of decisions that can either save the semester or torpedo the term. Midterm grades have been published and if we are honest, they are probably not that surprising. But it’s okay! You have been here before. It happens every semester, every year. What is important now is how we plan for the rest of the year.

The first plans we have to address are: What are we doing for break? The difficulty of this decision varies from student to student depending on factors like whether or not they have relatives nearby or money to travel. I have one important suggestion to make if you are having a hard time deciding where to go: Stay. Here. Staying on campus may seem dreadful at first, but once you make your mind up to remain in the dorm and appreciate the silence, it’s surprising how refreshing an empty campus can be. The opportunities to study are abundant and almost all other

obligations are on hold.

That said: the tradition of spring break began in the 1980s as a way for college students to escape to warmer weather and blue swimming pools for a time of social enjoyment. It is a good opportunity to leave Berrien Springs with friends for a sunnier location. Many of us cannot afford to fly down to Cancún, but if you happen to live in a warm location, why not visit the cleanest beach or swimming pool for a refreshing vacation? If you plan on driving, AUSA Senate reminds you to remember to service your car, as part of. . .? a promotional effort to aid the student body At Berrien Quiklube, you can get an inspection and oil change in one location before you head out.

One of the general keys to success is total physical and mental health. Spring break gives us an opportunity to take some extra time away from the rigors of class and work so that we have

a chance to get our lives back in order. Use this freedom to spend a little more time in the gym, to eat better and make sure to spend time in spiritual exercises. There is a lot more freedom of conscience to spend more time in devotions without the pressure of a demanding schedule. Whatever you choose to do, make sure to use your break in the best way possible. Do not stay in bed all day. Happy spring break and be careful on those roads!

Pulse

The Road to Self-Love: Crystal-Anne



PHOTO BY AUTUMN GOODMAN

Yasmine Siagian | In today's media saturated world, we are bombarded with images of women with the "ideal" body: tall with a flat stomach, cute butt, and C-cup breasts in magazines, television and social media. Men are not exempt from the pressure of having a "perfect" body either, as actors with personal trainers and CGI-enhanced muscles smash bad guys in pretty much every summer blockbuster. These images are extremely easy to internalize, and all of us have something that we might want to change about our bodies. For many, sadly, unrealistic body expectations that can be life threatening.

Growing up, Crystal-Anne (sophomore, documentary film) was extremely dissatisfied with the way her body looked. Her experiences growing up with racialized expectations to be small were extremely bad for her self-image, leading to body dysmorphia. Her aunt would introduce her as the "plump cousin," and her brother, who could eat anything and still remain skinny, would make fun of her for her weight.

Around the age of seven, Crystal-Anne became very fixated on her body. From her perspective, any rolls she had on her stomach were wrong, and as she grew older, she would focus on her side profile by drawing

lines on her stomach where she wanted it to stop. By the time she got to middle school her body dysmorphia increased, as she heard from celebrities and the media that she had to be a "size 0." She developed anorexia nervosa, which means she rarely ate, and when she did, she ate very little.

In high school, Crystal-Anne's eating disorder became non-purging bulimia, and she found a way to police her weight through sports, controlling what she ate during the day then working out profusely. On Saturdays, she told herself that "calories don't count on the Sabbath," so she would binge eat anything she wanted, flush it out on Sunday, then weigh herself on Monday to make sure she hadn't gained any weight over the weekend. Later, she realized she could tell her parents she was having bowel problems in order to get laxatives to get rid of everything she ate on Saturday. During the week, she ate toast and eggs for breakfast, almonds and lemon water for lunch, and a granola bar before any sports practice so that she wouldn't pass out. She took drugs that suppress appetite in order to have more control, and it was during this time that

she started noticing differences in her body: her nails would fall off, her hair was thinner, and she had many sports injuries, most likely due to her bones being weaker than they should have been. Thankfully, after a long time and lots of effort, she began eating more, but she still would compulsively exercise as a way to control her weight.

Crystal-Anne started seeking out professional help in March of 2017, because although she had been eating her meals, everything that she had been doing, such as working out, was still compulsive and about liking what she saw in the mirror. She talked to her psychotherapist, who referred her to a dietician. She's currently working on developing a better relationship with food and exercise, focusing on nutrients instead of calories, and following an exercise program that also gives her days to rest.

Although Crystal-Anne doesn't think of herself as a success story yet, she is slowly implementing better behaviors and mindsets. She's proud of the milestones she has reached, yet still finds it hard to resist peeking at the scale when she gets a physical. However,

she has learned to be kind to herself—an important step to healing. She leaves us with these thoughts: good body image is something people need to install in young kids so that they will realize that the "ideal body type" is not actually an ideal body for everyone. Eating disorders often come hand in hand with other mental health issues, so it is extremely important to emphasize self-love and self-care, especially in young girls and boys. You may be stunting them from healing, or perpetuating the idea in their head that they're not good enough. Be kind to yourself and other people. For Crystal-Anne, change didn't begin until she discovered self-love.

She says, "I love myself enough to seek help," and that's exactly what she did..

If you or a loved one are struggling with a relationship to food, NEDA has a confidential helpline to give support, resources, and treatment options for those struggling. It is open Monday to Thursday from 9 a.m. to 9 p.m. and Friday from 9 am to 5 pm. The number is 1-800-931-2237.

Bench Press Competition 2018: Lifting Our Spirits



PHOTOS BY JULIA VINIZCAY

Torian Hill | Sunday, March 11, marked Meier Health Club's annual Bench Press competition. This year it included a women's lift event for the first time. The competition took place in the Meier Hall lobby, transforming the awkward PDA scene into an Olympic atmosphere. Both the

Meier Health Club and Lamson Staff held the competition. Spectators were separated from the three lifting bench stations, forming a compact crowd that motivated the athletes to perform. At the registration booth, competitors received a Meier Health Club bag,

Lamson Health Club sponsored sunglasses, a bench press T-shirt and their ticks with numbers so they could be properly identified when it was time to lift, as well as free bananas and water.

The day started off with a weigh-in at 12 p.m., with participants anxious to see not only their weight but also to size up their competitors.

Dan Garcia (junior, business management) said, "I weighed in at 155 pounds which was surprisingly light for me. Although I have a vegan-based diet, I still managed to place for my weight class. This was interesting because it was a reminder that although weight is important so is the mental approach."

The women's lift at 1:30 was well-attended, despite being the first time the event was held. Jillian Imes (junior, pre-physical therapy) had everyone watching as she pushed an impressive 150 pounds on her third attempt. The whole crowd was behind her

motivating her, you could hear everyone encouraging her and saying push! Not only was she successful in her attempt, but she did it with ease.

Imes said, "Going into it, I made sure that I was confident I could do it... which helped, but another part was the crowd. They gave me motivation from all the loud noises. It gave me an extra bit of pump that I was able to use to complete the task."

With pulsing hype music in the background, the men's lift started at 2:45 pm. When the men's lift began, the crowd grew and the atmosphere became livelier. With the increase of attendance compared to previous years, the tension, nervousness and confidence of the competitors also increased.

First-time attendee Lilah Saverimuttu (psychology, senior) said, "I didn't expect to be so interested but the competition surprisingly drew me in. I had fun cheering for my friends and even some strangers too. There

were definitely some intense moments where the suspense caught me by surprise."

"Intense moments" are a fitting way to describe it, as some of the spectators were nervous for the participants. It brought the excitement and anxiety that one would have while watching a thriller-based movie. With all the adrenaline pumping and endorphins mounting, the Meier lobby held suitable conditions for some amazing feats of strength. The participants in the highest class benched 300+, which was a sight to see.

At the end of the day, the bench press competition was sweaty, lively and full of excitement. Although many men pressed impressive numbers, the first ever women's lift transformed the annual event into an epic highlight.

Humans



Adriana
Santana
Humans Editor

Why are you eating at the Terrace Café instead of the Gazebo?



Ally Anunciado
Freshman, Pre-Pt
I'm eating at the café because Kelli and I wanted to meet up and talk, and the food sounded really good today. Peanut Mapo Tofu and Lettuce Wraps.



Kelli Miller
Freshman, Explore
It's usually faster to eat at the café.



Trey Lawson
Junior, Biology
I have no more classes today and I can sit down with my friend and eat. If I go to the Gazebo it's just a quick bite and on to class.



Diego Torres
Sophomore, Marketing
I eat at the café because I can get a lot more food for what I pay.

Why are you eating at the Gazebo instead of the Terrace Café?



Keymar Small
Sophomore, Computer Science
The Gazebo has more options that are reliable. I'm getting a 12-inch sub.



Michael Krause
Freshman, Public Health
Time and money. I'm getting a taco salad for \$6.



Wöl Bol Wöl
Alumnus, Master of Divinity
It's convenient. It's open after the upstairs is closed. And it's better for getting a few specific things rather than a whole meal.



Tiffany Bailey
Master's student in Community and International Development
I'm eating Café food at the Gazebo. Whenever I can go to the café I go to the café, and my friend is here at the Gazebo and I'm eating with him. Peanut Mapo Tofu!

Humans

Woman by Anna Gayle

God made me to be a fortress, standing tall against those who cling to their right to stare as I walk past.
Those who cling to their right to twist my name in their mouths;
those who cling to their right to assert their entitlement;
their right to scare the opposite sex into submission.

God made me to be a solar system; my veins connected like constellations.
My heart glows like the brightest star in the sky; watch how men with rock hard heads reflect me.
I have been told I am an empty expanse, with nothing certain to stabilize a man;
I have been told I am too easy to get lost in;
I have been told that I lack gravity.
Men forget, too quickly, that the rings of saturn rest on my hips. I contain galaxies.

God made me to be a garden.
Do not confuse the brown of my skin for fertile soil for you to rest in.
I am reserved for gentle hands willing to toil, in the pouring rain and in the blazing sun.
I do not bloom for just anyone.

God made me Woman.
An individual.
A compilation of stories, waiting to be told.
A fountain of compassion and love.

The next time you think I am a body (the next time you think my identity begins and ends as a daughter, or a sister, or your future wife)-- know, I am a monument of purpose.
know, I am a child of God.

God made me Woman.
I am a lullaby in a minor key;
I am the light that wakes you up each morning and the dark that puts you to sleep;
I am an expanse of ocean, with depths that no one but my Heavenly Father has ever seen.
I am the voice that speaks when all others are silent;
I am a monument of purpose, of destiny, of possibility; I am not the voice of the future, I am the voice of today. the voice of impatience, of restless ambition, of knowing
I have been silent for long enough. of knowing, God did not create me for tomorrow, or yesterday-- God made me for right now.

God made me Woman. God made me to reclaim my time, to fight for what I know is right, to stand tall against oppression and injustice, to overflow with empathy and compassion.

I am Woman.
Thank God, I am Woman.

My friend asked me what was the worst thing a boy had ever called me and I said “anything other than my name”. Every time a man addresses me by anything other than my name (baby, mama, wife, trophy), I am stripped of my complexity. I am reduced to whatever it is you imagine will fulfill your needs. I am reduced to less than human; more of a thing, or a concept, or a duty. Every time you call me by something other than my name you deny what God has created me to be. Who God has destined me to be. I wrote this poem, because I wanted to talk about my personal experience as a woman, and reflect what that meant to me



Scott E. Moncrieff
Faculty Advisor

Spring Break 2018: Bangers, Jams and Bops

Frentzen Pakpahan, Ideas Editor

Two Door Cinema Club’s “Undercover Martyn” is my go-to song to start off any road trip. Begin a banger road trip with a banger song. Before you start put that thing in drive, relish that five-second buildup and *clap clap*. It’s banger season!

Adriana Santana, Humans Editor

The album I’d choose for a road trip would be Demi Lovato’s Tell Me You Love Me. She touches on so many different emotions so one minute I can be jamming to “Sorry” and the next I could be crying (not really) to “Lonely”. She’s also very open about her struggles of mental illness and her enjoying her life of single-hood. It’s an experience, one I think

everyone should have. Also, Demi is an amazing singer and will not disappoint you with her vocals.

Kaitlyn Rigg, Photo Editor
“Havana” by Camila Cabello is one of my all time favorite songs! But it is even better for a road trip! Put the windows down if the weather permits, and raise the volume to max, and enjoy the long drive.

Carlyle Tagalog, Pulse Editor
“Another Day of Sun” from the La La Land soundtrack. I’m finally visiting Los Angeles , California for the first time. So if those infamous LA freeway traffics are true, then I’m definitely playing this song. No one is probably gonna barge out of the back of a truck or dance on top of their cars, but I guess

I’ll have to wait and see

Alexi Decker, Copy Editor
fun.’s “Carry On” is, for me, absolutely classic. It brings to mind long nighttime drives in snowstorms, light from the dashboard reflecting off my friend’s face, humming along quietly until the chorus kicks in—and then everyone starts sing-shouting the lyrics. Whatever else happens on the road, with “Carry On” playing, I know everything’s going to be all right.

Kelly Lorenz, A&E Editor
I have about one tradition in my entire life: I listen to the same song at the beginning of every road trip. Is it a bit cringe-y now? Nah, it’s a jam. But it’s wildly inappropriate so you get nothing.

Scott Moncrieff, Faculty Sponsor

Time to put in a little Red Garland trio playing “A Foggy Day.”

Olivia Woodard, Layout Editor

Can’t Take Eyes My Eyes Off of You by Ms. Lauryn Hill or both of James Arthur’s albums because he is the goat.

Andrei Wayne Kyrk Defino, Editor-in-Chief

“Fireflies” by Owl City *sings offkey*. But really though, the songs of the millennial yesteryear are always great tunes to bop to on a trip out of The Springs. A song that has always shown up on my more recent Spring Break Tour Playlists, however, is “Bed Peace” by Jhene Aiko. It’s good

vibes, chill times and smooth sailing for four minutes and 16 seconds.

Zach Owen, Distribution & Media Editor

“Teenage Dirtbag” by Weatus ft @Natpatt007.

Kelly Lorenz, A&E Editor

Literally every song The Killers has ever recorded is a jam. I don’t foresee a day when “Spaceman” and “Mr. Brightside” aren’t blaring through the one barely-functioning speaker in my dear lil’ Honda Civic at some point of every road trip.

Lisa Hayden, News Editor

“We Are King” by King.

Arts & Entertainment



Kelly Lorenz
Arts &
Entertainment Editor

A Wrinkle in Science Fiction



PHOTOS BY PUBLIC DOMAIN

Natalie Hwang | The movie *A Wrinkle in Time*, adapted from a novel with the same name by Madeleine L’Engle, was released on March 9. I should have walked into *A Wrinkle in Time* prepared to watch a children’s movie, but for me and many others, it was much more. Directed by Ava Duvernay, a black female director most famous for *Selma* and *13th*, *A Wrinkle in Time* is the first \$100 million movie directed by a woman of color, and arrived in theaters burdened by the expectations of the millions of readers anticipating its faithfulness to the novel. Although I first read the book in elementary school, I still remember Meg (Storm Reid) and her adventures through tesseract, defined as folds in

space and time, to find her father. While Meg is the protagonist, she is helped by her brother, Charles Wallace (Deric McCabe), and her friend, Calvin O’Keefe (Levi Miller). With a star-studded cast, the movie had full potential to be amazing. Along with Reid as Meg, Oprah Winfrey, Mindy Kaling and Reese Witherspoon played the roles of Mrs Which, Mrs Who, and Mrs Whatsit respectively—centaur beings disguised as humans who help Meg and her siblings travel through tesseract, and act as mentors to the children. Despite the diversity in characters, the movie fell short for me when, disregarding the large majority of their audience that was adults

who read the book as children, it presented itself purely as a children’s movie intended for 8-12 year olds. However, Duvernay is aware of this and understands that this limits the audience *A Wrinkle in Time* can potentially touch. In an article for the New York Times, she commented on the small target demographic range, saying “I don’t know if I’ll ever do anything like this again.” Reid, McCabe and O’Keefe are compelling in their characters, but lack the skill that Witherspoon and Kaling bring to the film. Reid is the strongest child actor in the film, and reportedly read the book in 6th grade, two years before booking the role. Of Reid, Duvernay said,

“She came as prepared... as David Oyelowo playing Martin Luther King Jr. in *Selma*.” Overall, the cast’s varying levels of experience and talent balance each other out, lending to the theme of shifting power balances between adults and children as explored in both the movie and book. Nevertheless, Duvernay’s portrayal of the beloved classic contributes to the larger movement of the science fiction genre toward being more inclusive of women and people of color—perhaps even toward presenting women as protagonists in books and film alike. As a children’s movie, *A Wrinkle in Time* understands its audience perfectly. Meg is the quintessential middle school

girl, concerned with not only her own burgeoning adolescence, but her intellect and the world surrounding her. For both old and young women, Meg’s strength of character and possession of agency departs from the normalized depiction of women, especially in science fiction works, and marks a positive movement towards diverse representation in mainstream media.

Chi Yong Yun Dazzles at Winter Benefit Concert

Sarah Mackintosh | The winter concert, put on by the Andrews University Symphony Orchestra and directed by Dr. Claudio Gonzalez (Director of orchestral studies) was held as a benefit for local ministry Neighbor to Neighbor, as they work on an expansion project. Neighbor to Neighbor is an important part of the community and provides mental health, wellness and lifestyle support seminars, among other services. The concert featured pianist Chi Yong Yun, the new director of piano studies and assistant professor at AU. As the recipient of many honors and awards, Yun has performed as a recitalist, collaborative musician

and lecturer throughout the world. The program consisted of only three pieces, composed respectively by Rossini, Beethoven, and Brahms, with several movements to both Beethoven’s and Brahms’s pieces. The first, “Overture to La Gazza Ladra,” by Rossini, began joyfully. With grandeur and dynamics, the song ranged through full, exuberant surges and softer technical notes, with quick transitions in between. The brass section added to the fullness of the overture as the music swelled and ended in a grand forte. “Piano Concerto No. 4 in G Major, Op. 58” by Beethoven featured Chi Yong Yun. She wore

a sparkling cream dress which dazzled nearly as much as her performance. The first movement, “Allegro Moderato,” was smooth, cheerful and mellow. The second movement, “Andante Con Moto,” was measured and slow, in keeping with a typical andante. Reflective and melancholy piano notes mingled with strong supporting phrases from the orchestra. The final movement, “Rondo: Vivace,” was playful and enthusiastic. Yun’s fingers flowed effortlessly over the keys of the piano and a beautiful conversation seemed to take place between the orchestra and the piano. A brief intermission was followed by Brahms’s “Symphony

No. 3 in F Major, Op. 90.” It consisted of four movements. The first, “Allegro Con Brio,” began dramatically, evoking strong emotion and displaying well-contrasted dynamics throughout the movement. The second, “Andante,” portrayed a simple, somber but enjoyable melody line and smooth transitions. The third movement, “Poco Allegretto,” continued smoothly, the notes flowing together and creating a peaceful atmosphere. This is one of my favorite classical pieces because of its soothing tones. The fourth and final movement, “Allegro,” ranged from solemn and low to energetic and intense. It took on a more lively

tone and brought the concert to a harmonious conclusion. Anna Rorabeck (junior, music education), commented on the performance, “The Brahms had an unexpected ending, but was unique in character and a pleasure to listen to. The piece by Beethoven was flawless!”

Arts & Entertainment

Coachella? More Like COUCH-ella

Kelsey Rook | Coachella is a well-known art and music festival held in the warm California desert, attracting art and music lovers from around the world. Change one letter and you get a slightly lesser-known event at Andrews University’s Recreational Center, attracting sophomores and friends from other class standings. The rec center was organized to surround a microphone and keyboard, and the usually empty tables housed assorted games such as Uno, Candy Land, Cards Against Humanity and, of course, classic playing cards. I joined a spirited game of Cards Against Humanity and lost several rounds before the

event started, while Sharyl Cubero (sophomore, biology) handed out glow sticks. I was surprised at how few people showed up at 8:00 p.m., when the event was supposed to start. But by the time Brandon Shin (sophomore, biology), sophomore class president, stepped up to emcee the event ten minutes later, a good-sized group had filled up the campus center basement. I sat at a table with some friends, while others sat on beanbag chairs and the nominally promised couches. The first performance was a spoken word poem by Alejandra Pineda (sophomore, biology), a realization of how much women

are defined by numbers, and an appeal not to define her, or any woman, by her weight, GPA or any other quantitative value. Next up was Gavin Bedney (freshman, business administration), singing Frank Sinatra’s 1946 classic “You Make Me Feel So Young.” Ben Lee (sophomore, political science) performed the next selection accompanied by Anna Gayle (sophomore, journalism and communication media) on the piano, using his “go-to song”, “Forever More” from the credits of Tia and Tamera Mowry’s “17 Again.” Gayle stayed on the piano while Mary Marciniak (sophomore, wellness) sang a mellow jazzy

piece in French. Caleb Whitman (sophomore, computer science) was next, performing an original love song accompanied by himself on guitar. Following the guitar accompaniment trend was Julia Viniczay (sophomore, photography), singing James Bay’s “Let It Go” accompanied by Clarissa Carbungco (sophomore, photography), who clarified, “We aren’t singing Frozen!” The penultimate act, a compelling spoken word piece by Natalie Hwang (sophomore, English), echoed Pineda’s feminist sentiments. Matthew Rajarathinam (sophomore, biology) took the mic for the final act, singing Shakira’s

“Deja Vu” and giving the audience a simple dance to follow along with during the song. The performances were over, but Couchella was not. People split up to play more rounds of table games. An eclectic mix of modern hits and oldies worth swaying to played in the background, keeping the environment energetic. The event was a great way to catch up with friends, de-stress during midterms, and discover the hidden talents of the sophomore class.

Do Yourself a Favor: Visit Taqueria Don Chepe



PHOTO BY DAVID DUNHAM

David Dunham | 1140 S 11th St, Niles, MI 49120
Winter Hours of Operation:
Mon - Fri 10:00 a.m. – 8:00 p.m.
Sat 9:00 a.m. – 9:00 p.m.
Sun 9:00 p.m. – 7:00 p.m.

(269) 635-5225
Taqueria Don Chepe is a relatively new Mexican restaurant in the area just south of Niles. It brings a delicious, affordable, authentic-tasting Mexican cuisine to the vicinity, and has been serving up

amazing food ever since. Their tagline is “Authentic Mexican Food,” and I had the privilege of being able to test this claim firsthand. **Atmosphere and Service:** Taqueria Don Chepe may not look like much on the outside, as it is companioned with an auto repair shop, but the inside is inviting and the smells are incredible. Just walking in the door, the restaurant gives a very cozy vibe, decorated with sombreros, tapestries and beautiful paintings throughout. The servers are friendly, and accompany your drink order with unlimited chips, which hold your hunger pangs off as you take in the delicious sights and smells from the tables around you. The food arrives quickly (unless you happen to visit during rush hour), and the restaurant does provide take-out options for those in a hurry.

Food: The food is exceptional and options

are numerous. Almost every food that comes to mind when one thinks of Mexican cuisine is included: tacos, burritos, sopes, tamales, flautas, quesadillas, and tostadas make up an impressive assortment of delicious foods. Meat eaters, vegetarians and vegans alike can eat together and be satisfied, as Taqueria Don Chepe offers an accommodating menu for all diet concerns. I personally ordered tacos, as Taco Tuesday was in session. The tacos can be ordered with a flour or corn tortilla, with both veggie and meats available as fillings. You are able to request lime for any of your dishes, add avocados, or even use some of their “green sauce,” which adds a little spice to the meal, making their dishes very customizable. At the end of your meal, you may want to grab one of the Mexican pastries or candies available by the cash register, which will provide a sweet end to your meal.

Price:

The pricing is cheap for a full meal. With tacos at \$2 or less, burritos starting at under \$5, and three enchiladas for \$6.50, Taqueria Don Chepe is a treat that won’t break the bank. Round your meal up with free chips, and it is well worth the price. **Overall:** Taqueria Don Chepe is easily the best Mexican restaurant in a driving radius. I am absolutely going to return, and I honestly cannot recommend it enough. They supply authentic food at a low price—a rare find for Southwest Michigan.

4.5/5 whisks



The Last Word



Andrei Wayne Kyrk Defino
Editor-in-Cheif

Our Last Word . . . To Dean Weithers

Shenika Mcdonald, B.A. Political Science '16

Dean Weithers, having someone so influential leave Andrews is very bittersweet. It's a sad moment because of the work you've done, love you've spread and lives you've touched. From your position, you've been both an advocate and a friend, allowing students to have someone in this very confusing time in our lives. However, it's a beautiful moment because that same love and warmth we've felt from you will now be shared with even more people. So thank you. Thank you being yourself and being so much more than we ever needed. I wish you nothing but the best on your new journey.

Olivia Ruiz-Knott, B.A. Communication '15

Hi Auntie Deb. You've been so many things to me throughout my life: my next door neighbor, the mother of my first friend, even my wedding coordinator. But I do think the time in my life when got to I appreciate you the most was when I was at the University and you were "Dean Weithers" to all my friends, but you were still "Auntie Deb" to me. I felt smug for having a secret, exclusive connection with a really cool person.

And you are an incredible person. I remember admiring you and liking you, and perceiving that you

were well-liked and deeply admired by those around you; especially by the students, like me, who were privileged enough to work with you through AUSA. You were wise, and your office door was always open to us, and I remember you as incredibly encouraging. When we told you about the things we wanted to do on campus, you made us feel like anything was possible. And for me, the optimism that you inspired carried over past graduation and is at least in part responsible for the confidence with which I now take on the world.

I was very aware, even at the time, that we students and the university as a whole were lucky to have you.

So I hear you're leaving. And I am proud of you and excited for you. And also I'm pretty sad that one of the faces that feels most like home won't be there the next time I'm in town. But the very best of luck to you, and I hope we can find new excuses for our paths to cross again soon.

Ashley Neu, B.A. Public Relations '17

I've been so blessed to work with Dean Weithers as both a student and co-worker. She has taught me so much since we began our friendship three years ago. She has been such an amazing part of this university, and has

helped shape this campus to what it is today. It's so sad to see her go, but I'm excited to see all the great things she's going to accomplish in Maryland. I'm so thankful for the opportunity I had to learn from such a remarkable woman.

Nia Darville, Senior, Speech-Language Pathology & Audiology

During the time I've known her, Dean Weithers has been an invaluable source of wisdom, encouragement and advice. I always go to her first with my questions because I firmly believe that she knows everything. She is superwoman. She has served tirelessly as BSCF's sponsor for years, and so many students of African descent are indebted to her for her advocacy and dedication. I am sad that her time at Andrews University is ending, but I'm so excited that others will be able to experience the tremendous impact Dean Weithers makes wherever she goes.

Brandon von Dorpowski, Senior, Marketing

Dean Weithers truly was a mother to the students of Andrews University. All great mothers are able to relate their children. Dean Weithers did this better than anyone. Her ability to make those around her feel understood and valued

is something that all of us should aspire towards. She will be greatly missed but I am excited to know she is following God's plan for her life.

Andrei Wayne Kyrk Defino, Senior, English

Auntie Debbie, or Dean Weithers, is an incredible role model for all those that she has come to mentor and work with. This measly last page of the newspaper could not even begin to fit all the words and people that she has touched with her career endeavors, her work ethic, and her love, most of all. To make this personal, I have a lot to thank her for: from checking in on me every time we see each other, always greeting me with a smile and hug (even in her stressful days), making sure Kyle and I don't make too much trouble together, and for making me feel like a part of her own family. She's encouraged me to believe in myself, she's helped me believe in others, but only because I believe in her. Thanks for helping me see that good energy and good people exist in this world. I'll miss you and I know you'll continue to make a difference in your newfound calling.



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